

Healthy Eating for the Holidays

The Holidays are a time to enjoy family, friends and good food. However, it can be a difficult time for those of us trying to make healthy choices. Live 2 B Healthy® not only encourages participants to remain active in exercise, but also seeks to improve their overall wellness. Here, we will share with you some steps to help you enjoy the holidays and feel better about your health during this season. The holidays are probably not a good time to try to lose weight. Instead you may try to make healthier food choices and exercise and to prevent weight gain.



Tips:

- ❖ Use smaller plates to help limit portions.
- ❖ You can still have some of those high calorie favorites if you eat a small portion.
- ❖ Fill your plate with lots of fruits and vegetables. These are filling and provide a lot of good nutrients.
- ❖ Make sure the dish you contribute to the holiday meal is a healthy one.

- ❖ Choose a new healthy recipe or make adjustments to an old favorite recipe to make it healthier.
- ❖ Wait a few minutes between servings to allow your brain to tell your body you are full.
- ❖ Don't arrive at mealtime completely famished. Eating a snack within a couple of hours before the big meal will help prevent overeating.
- ❖ Don't skip meals as a way to save up for the holiday meals. It is best if you eat regular meals during the holidays.
- ❖ Watch high calorie beverages. Always opt for water!
- ❖ Eat slowly. Take smaller bites and enjoy your meal.
- ❖ Learn to say "No". Don't feel that you have to eat every time food is offered.
- ❖ Move! Exercise is an important way to help you stay healthy during the holidays. It helps control appetite and handles the stress of the holidays. It will also help burn some of the extra calories you may have consumed.
- ❖ Get plenty of rest. When your body gets tired it leads you to make less healthy food choices and might cause you to want to skip exercise.
- ❖ Planning ahead will help you eat healthier and exercise during the holidays.

"Most people have no idea how good their body is designed to feel." ~ Kevin Trudeau

Live 2 B Healthy® encourages wellness in all facets of health including exercise and nutrition. Our programs promote participants to live a healthier lifestyle through education, fitness, and community. Contact me to learn more:

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